

Eifel Times

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Spangdahlem Air Base, Germany

www.spangdahlem.af.mil

Dec. 8, 2006

News Briefs

Congratulations

Congratulations to Col. Sid Banks, 52nd Mission Support Group commander, for his selection to become the 448th Combat Sustainment Wing vice director, Tinker AFB, Okla.

Tree lighting festivities

The Spangdahlem AB tree lighting festivities take place today. A parade starting at the parking area across from the Eifel Lanes Bowling Center begins at 4 p.m. The Christmas tree lighting occurs at 5 p.m. in front of the old Eifel Club next to Power Zone. The Bitburg Annex tree lighting takes place Saturday at 6 p.m. at the chapel across from the BX and movie theater.

Wing training day

Today is a wing training day. People in need of urgent medical care should go to the Bitburg Annex Emergency Room.

Holiday post office hours

The Spangdahlem AB and Bitburg Annex Post Offices have extended their hours through Dec. 30. The **Spangdahlem AB** Post Office hours for parcel pick-up are Mondays through Thursdays from 9 a.m. to 6 p.m., Fridays from 9 a.m. to 7 p.m., Saturdays from 9 a.m. to 4 p.m., and Sundays from 2-6 p.m.; the finance window Mondays through Fridays from 9 a.m. to 5 p.m., and Saturdays from 9 a.m. to 2 p.m.; customer service Mondays through Fridays from 9 a.m. to 4 p.m.; and registered mail pick-up Mondays through Fridays from 9 a.m. to 4 p.m. The **Bitburg Annex** Post Office hours for parcel pick-up are Mondays through Fridays from 9 a.m. to 6 p.m., and Saturdays from 9 a.m. to 1 p.m.; for the finance window Mondays through Fridays from 9 a.m. to 5 p.m.; for customer service Mondays through Fridays from 9 a.m. to 6 p.m.; and registered mail pick-up Mondays through Fridays from 9 a.m. to 4 p.m.

FAST down time

Effective Dec. 31, no new orders or authorizations will be processed at Spangdahlem AB through the Federally Automated System. Travelers filling vouchers for orders cut prior to Dec. 31 can still process their voucher through FAST. All other vouchers must be filled on a Department of Defense form 1351-2, approved by the travelers supervisor and submitted to finance customer service with orders and receipts. For more information, call Tech. Sgt. Holly Sullivan at 452-6763.

Pumping up!

Two Saber Airmen selected to participate in legendary Mr. Universe competition.

Read "Spang Airmen compete for Mr. Universe title" on Page 8.



Photo by Airman 1st Class Emily Moore

A different perspective

Senior Airman Adam Fruit, 606th Air Control Squadron vehicle maintenance technician, explains to Col. Thomas Feldhausen, 52nd Fighter Wing vice commander, how to perform scheduled maintenance on a 10,000 all-terrain forklift. Airman Fruit is a Wisconsin native with three years in the Air Force. Colonel Feldhausen spent a few hours with Airman Fruit Wednesday as part of the Commander's Shadow Program.

Supporting NATO summit

Sabers provide air, logistics assistance as NATO leaders meet in Latvia

By Staff Sgt. Tammie Moore
52nd Fighter Wing Public Affairs Office

Saber Airmen joined forces with fellow Airmen from around the globe serving in allied nations' air forces to ensure the success of a NATO summit which took place in Riga, Latvia, Nov. 28-29.

All together more than 1,000 servicemembers from various nations contributed aircraft, troops, supplies, and logistical and tactical support for the summit where the heads of state from the 26 NATO member counties gathered to discuss global issues.

Spangdahlem Airmen assisted in the event by providing F-16 combat air patrols to protect the airspace over the area and additional manning support.

The aircraft maintenance unit provided aircraft and the 22nd and 23rd Fighter Squadrons supplied the pilots for the mission, said Lt. Col. William Woodcock, 23rd FS commander.

The Saber pilots flew air patrol missions over the summit airspace to protect against potential airborne aggression. While pilots were occupied with keeping the air space safe, additional Sabers were tending to other matters.

"The men and women from the 606th (Air Control Squadron) directly controlled air missions from their forward deployed location in the Baltics," said Maj. Shamsher Mann, 52nd Fighter Wing Chief of weapons and tactics. "The (Air Mobility Squadron) provided logistical support to the Natioanl Airborne Operations Center and had to mange a higher density of tanker and transport aircraft that were supporting the Summit."

In addition to the support provided by Spangdahlem Air Base, other U.S. Air Force units that participated in this event include Royal Air Force Mildenhall, England; RAF Lakenheath, England; Aviano Air Base, Italy; and Ramstein AB, Germany.

With all of these moving pieces many obstacles can arise.

"The biggest obstacle you face is planning," Colonel Woodcock said. Meshing together support for weather, command and control and tankers is a major undertaking.

Even though an operation of this size can provide numerous obstacles, Major Mann walked away with a sense of fulfillment.



Photo by Airman 1st Class Teresa Pumphrey

A KC-135 Stratotanker from the 100th Air Refueling Wing at Royal Air Force Mildenhall, England, prepares to offload more than 60,000 pounds in fuel to an F-15 from the 48th Fighter Wing at RAF Lakenheath, England. The F-15 joined other U.S. Air Forces in Europe aircraft from Aviano Air Base, Italy, and Spangdahlem AB, Germany, to provide security for the NATO Riga Summit that took place Nov. 28-29 in Latvia where the heads of state and government from the 26 NATO member countries met.

"Satisfaction after the fact comes from knowing we accomplished the mission successfully despite the planning and execution challenges along the way," he said.

Colonel Woodcock also felt pride in the opportunity to provide support for the NATO summit.

"Knowing that you are protecting the president and heads of other NATO countries is a distinct honor," Colonel Woodcock said. "Our ability to function in such a unique role and mission as the defense of the summit speaks volumes for NATO inter-country operability."

RESCON Watch

BRAVO

1-2 DUIs/ARIs in the Last 30 Days

Days since last DUI/ARI: 28

374 Airmen's lives were saved by the Airmen Against Drunk Driving Program since Jan. 1, 2006. When going out and your plan falls through call AADD for a ride, at 06565-61-2233.

Hate groups, gangs have no place in AF

By Capt. Aaron Maness
52nd Fighter Wing Judge Advocates Office

Top Air Force leaders made clear Air Force policy on active participation in hate groups and gangs, in October.

“It goes without saying that participation in such activity has no place in our Air Force,” said Air Force Chief of Staff Gen. T. Michael Moseley. “Not only does it run counter to our core values, it fosters divisive behavior and destroys good order, morale and discipline.”

The general’s sentiments were echoed by Chief Master Sergeant of the Air Force Rodney McKinley.

“We don’t want anybody in our military that’s going to promote racism or gang activity or anything along those lines,” the chief said.

Air Force leaders stated any Airmen guilty in such participation will be punished accordingly. All Air Force personnel are prohibited from actively participating in groups that support supremacist causes or advocating illegal discrimination based on race, religion, color, creed, national origin or ethnic group. Further, members may not participate in advocating the use of force or violence, or otherwise engaging in efforts to deprive individuals of their civil rights. Active participation includes publicly demonstrating, rally-

ing, fund raising, recruiting, training members, organizing or leading. This includes actively participating on-duty, in a foreign country, when in uniform, when the activities constitute a breach of law and order, or when violence is likely to occur.

Active participation by an Airman may lead to administrative actions, such as discharge and non-judicial punishment. In addition, many activities associated with these groups include criminal activities such as drug distribution, possession of contraband, assault, damage to property and murder. Any person found directly or indirectly participating in such activities may be prosecuted under the Uniform Code of Military Justice.

All Air Force members need to remember the core values; hate group and gang activities run counter to those core values. All Air Force members must have the ability to work in a non-threatening and discrimination-free environment.

“Our Air Force recruits highly qualified men and women, and I’m very proud of the caliber of Airmen in our force today,” Chief McKinley said. “We will continue to provide them an equal opportunity environment to live and work. This includes making sure (gang and hate group activity) doesn’t exist in the Air Force.”

(Editor’s note: Some information in this article is courtesy of www.af.mil.)

Warning signs for gang involvement to watch for

- ♦ Sudden poor academic performance and non-involvement with school;
- ♦ Relatives are or have been gang members;
- ♦ Using gang graffiti on book covers and folders;
- ♦ Suddenly purchasing or wanting clothing all of one color especially in blue or red;
- ♦ Wearing an excessive amount of gold jewelry;
- ♦ Using hand signals (gang signs);
- ♦ Sudden changing friends;
- ♦ Desiring too much privacy;
- ♦ Suddenly becoming rebellious toward authority figures;
- ♦ Sudden affluence to money, clothing, etc.;
- ♦ Show signs of tobacco, alcohol or drug use
- ♦ Sudden negative police contact; and
- ♦ Excessive disciplinary referrals.

(Information courtesy of the San Antonio Police Department.)

17 Airmen receive Article 15, UCMJ punishments

Staff reports

During the months of August and September, 11 Spangdahlem Airmen received non-judicial punishment under Article 15 of the Uniform Code of Military Justice:

* A staff sergeant assigned to the 52nd Component Maintenance Squadron violated Article 91 by failing to obey a lawful order issued by his superior non-commissioned officer. Additionally, he violated Article 92, on diverse occasions, by being derelict in the performance of his duties. Finally, he violated Article 134 for conduct prejudicial to good order and discipline. The commander imposed a reduction to the grade of senior airman and a reprimand.

* An airman first class assigned to the 52nd Civil Engineer Squadron violated Article 134 by being drunk and disorderly. The commander imposed a reduction to the grade of Airman, 45 days extra duty and a reprimand.

* A staff sergeant assigned to the 52nd Equipment Maintenance Squadron violated Article 128 by assaulting another Airman. The commander imposed a reduction to the grade of senior airman, 30 days extra duty and a reprimand.

* A senior airman assigned to the 52nd EMS

violated Article 86 by failing to go at the time prescribed to his appointed place of duty. The commander imposed a reduction to the grade of airman first class.

* A senior airman assigned to the 52nd EMS violated Article 111 by driving while intoxicated. The commander imposed a reduction to the grade of airman first class, suspended forfeiture of \$500 pay per month for two months and a reprimand.

* A senior airman assigned to the 52nd Communications Squadron violated Article 128 by assaulting another Airman. Additionally, he violated Article 107 by making a false official statement. The commander imposed a reduction to the grade of airman first class, 30 days restriction, 30 days extra duty and a reprimand.

* A senior airman assigned to the 52nd CMS violated Article 92, on divers occasions, by being derelict in the performance of his duties. The commander imposed a reduction to the grade of airman first class and a reprimand.

* An airman first class assigned to the 52nd CMS violated Article 92 by being derelict in the performance of his duties. The commander imposed a reduction to the grade of airman, with a suspended reduction to the grade of

airman basic, 30 days extra duty and a reprimand.

* A senior airman assigned to the 52nd CS violated Article 128 by assaulting another Airman. Additionally, he violated Article 107 by making a false official statement. The commander imposed a reduction to the grade of airman first class, with a suspended reduction to the grade of airman, 45 days restriction, 45 days extra duty and a reprimand.

* An airman assigned to the 52nd Logistics Readiness Squadron violated Article 128, on diverse occasions, by assaulting two other Airmen. Additionally, he violated Article 134 by being drunk and disorderly. The commander imposed a suspended reduction to the grade of airman basic, forfeiture of \$200 pay per month for two months, 45 days extra duty and a reprimand.

* An airman first class assigned to the 52nd LRS violated Article 92 by failing to obey a lawful order. Additionally, he violated Article 134 by being drunk and disorderly. The commander imposed a suspended reduction to the grade of airman, forfeiture of \$400 pay per month for two months and a reprimand.

During the months of August and September seven Spangdahlem Airman were involuntarily

discharged for cause in accordance with Air Force Instruction 36-3208:

* An airman first class assigned to the 52nd EMS was administratively discharged for misconduct -- minor disciplinary infractions.

* An airman basic assigned to the 52nd CES was administratively discharged for misconduct -- minor disciplinary infractions.

* An airman basic assigned to the 52nd CMS was administratively discharged for misconduct -- minor disciplinary infractions.

* An airman first class assigned to the 52nd Aircraft Maintenance Squadron was administratively discharged for misconduct -- drug abuse.

* An airman first class assigned to the 52nd CMS was administratively discharged for misconduct -- drug abuse and minor disciplinary infractions.

* An airman basic assigned to the 52nd Security Forces Squadron was administratively discharged for misconduct -- minor disciplinary infractions.

* An airman basic assigned to the 52nd AMXS was administratively discharged for commission of a serious offense.

(Information courtesy of 52nd Fighter Wing Judge Advocate’s Office.)

Investment enhancing program improves Spang facilities, resources

Staff reports

Spurred by an increasing focus on improving operational efficiency, one self-sustaining Air Force program has generated savings of more than \$1.2 billion.

The investment program could mean more money in the near future for an increasing amount of Spangdahlem Air Base units.

The Product Enhancing Capital Investment program, or Peci program, which provides funding for capital investments in more efficient equipment or modern facilities, helps conserve critical Air Force resources, enhance unit capability and improve combat readiness.

“This program is important because the Air Force can provide funds for money-saving projects when money is not available through the programmed budget,” said Christine Schumacher, 52nd Mission Support Squadron Manpower and

Organization and Peci analyst.

According to the program’s Web site, the Peci program offers two types of capital investment funds: Fast Payback Capital Investment, or FASCAP, and the Productivity Investment Fund, or PIF. FASCAP funds projects up to \$200,000, and PIF is used for projects exceeding \$200,000. Projects must generate sufficient savings to repay all investment costs -- FASCAP within two years, PIF within four years.

The 52nd Civil Engineer Squadron Pavements and Equipment section has received a new snow removal tractor and a grounds maintenance tractor through the Peci program.

The purchase of the snow removal tractor will result in a Life Cycle Savings of more than \$1.2 million, and the grounds maintenance tractor will save more than \$1.7 million, Ms. Schumacher said.

“With the PBD 720 reductions in

fiscal year 2007 through 2010, the Peci program offers a unique opportunity to tap in on these positions,” she said. “These manpower authorizations programmed for deletion can be used early for Peci projects to benefit from them. The positions don’t need to be related to the equipment purchased.”

Each year, Peci invests an average of \$20 million that will net an average life cycle savings of approximately \$235 million. These investments have funded a wide variety of productivity improvements -- from technology upgrades that increase administrative speed to major equipment purchases that increase base capabilities.

“Purchase of the snow removal tractor unit will enhance speed and efficiency of snow and ice removal on airfield pavements, ramps and parking areas, and base and housing units,” said Ralf Weinrebe, 52nd

CES pavement and equipment project officer. “We keep the airfield operational (twenty-four hours a day seven days a week) to maintain safe driving conditions.”

The grounds maintenance tractor will help keep the landscape of the 2.5 million square meters of Spangdahlem AB trimmed and tidy, he said.

The program has met praise from numerous participants through its financial and resource management advantages.

“An approved Peci project may also qualify for an award under the Air Force’s (Innovative Development through Employee Awareness) program,” Ms. Schumacher said. “The key is to submit the Peci project early, because program funds are limited.”

For more information, call Ms. Schumacher at 452-6468 or visit <https://peciwebseguetech.com>.

Product Enhancing Capital Investment program quick facts

- ♦ Use FASCAP funds projects for up to \$200,000;
- ♦ Use PIF funds for project exceeding \$200,000;
- ♦ The FASCAP produces savings to offset total investment costs in two years or less, while PIF does so withing four years;
- ♦ The program has generated savings of more than \$1.2 billion
- ♦ Users of Peci must adhere to Air Force Policy Directive 38-3 and Air Force Instruction 38-301; and
- ♦ Annually Peci invests an average of \$20 million that will net an average life cycle savings of approximately \$235 million.



Photo by Senior Airman Eydie Sakura

Top Saber Performer

Name: Staff Sgt. Larry Melton
Unit: 52nd Joint Fires Center of Excellence Air Ground Operations School
Duty title: Instructor and Academics NCOIC
Hometown: Ann Arbor, Mich.
Years in service: Six and a half years
Nominee’s contributions to 52nd FW mission success: As one of only two U.S. Army NCOs in the 52nd FW, Sergeant Melton contributes a unique perspective from operational and combat experience in Joint Fires Integration, Close Air Support and U.S. Army Fire Support, which are essential to the success of AGOS. During the last year he has trained

more than 225 Airmen and Soldiers in Artillery and Naval Gunfire procedures and how best to integrate those fires with CAS from joint air assets. Most of these students were later deployed and have used these skills in combat operations in Iraq and Afghanistan. As the NCOIC of the academics department he is responsible for the editing and publishing of three distinctive student course books covering 63 classes and more than 800 pages of material. Sergeant Melton ensures students have the most up to date information and resources on current tactics techniques and procedures.

Off-duty volunteerism and professional development pursuits: I look forward to completing my degree this coming year in history and one day becoming a teacher and coaching football and baseball.

What do you do for fun? I like to play as well as watch football and baseball.
What do you like most about being stationed here? Being stationed here has allowed me to take advantage of our location and travel to many different cities throughout Europe.

What’s one thing you’d like to see changed or improved at Spangdahlem Air Base? I would like to see a vast improvement in military customs and courtesies here. We have two Army officers in our unit who go unnoticed more times then they should. Some Airmen had no knowledge that the Army and Air Force officer ranks are the same. Many stated they did not know they had to salute Army officers because they weren’t in the Air Force.

Learning how it works



Photo by Airman 1st Class Emily Moore

Col. Darryl Roberson, 52nd Fighter Wing commander, explains some of the F-16 controls to Steve Kraft, the U.S. Embassy charge d’affaires and deputy chief of mission. Mr. Kraft visited Spangdahlem Air Base Monday. Mr. Kraft was very thankful to Saber’s who helped show him the base’s mission.

Dress Right, Dress

Personal Grooming Standards: Table 1.5

Men’s hair will be tapered in appearance in back and sides and will not exceed one and a fourth inches in bulk, regardless of length and exceed a fourth of an inch at the natural termination point. Women’s hair minimum length/bulk required is one inch not to exceed three inches in bulk and will not prevent proper wear of headgear, including helmet or chemical mask. Women’s hair will be secured with no loose ends, meaning long hair should be styled in a manner that prevents loose ends from extending upward on the head. When hair is in a pony tail, it must be pulled all the way through the elastic band and not extend below the bottom of the collar. (Information courtesy of Top 3.)

Eifel Salutes

52nd Maintenance Group

Master Sergeants Tom Pollock and Tracey Branstetter teamed up as 52nd MXG reps in the 52nd FW Survival Recovery Center during the Phase II exercise. Their first experience in the SRC was exciting and exceeded all expectations. Their keen ability to think on their feet ensured vital information was relayed to commanders, Unit Control Centers and first responders.

Master Sgt. Eric Fulton is the Projo with the Mojo! He orchestrated the movement of more than 200 personnel, 12 aircraft and 44 tons of the Big 22nd AMU’s equipment to Konya, Turkey, for exercise Anatolian Eagle. Because of his magic touch we were able to generate over 160 combat training sorties with our Turkish allies and proved once again, when the call comes to deploy no one does it better than the Big 22!

52nd Medical Group

Kudos to Airman 1st Class Steven Pride, Capt. Carmen Miles-Thannie and Maj. Jana Kokkonen for organizing and hosting the annual Deutches Rotes Kruez Appreciation Day. The German ambulance crew had a wonderful time enjoying “American bowling” at Eifel Lanes.

Strong work and dedication was shown by Airman 1st Class Mary Bucher in her efforts putting together basic procedure packs for the Family Practice Clinic providers -- seven packs were completed, and a complete inventory of surgical instruments was conducted. Additionally, she orchestrated FPC pre-Thanksgiving potluck

and a great time was had by all.

Thank you to Capt. Debra Sims and Gaby Brown for working extra hard on the 52nd MDOS holiday wreath -- a beautiful, colorful decoration was created and rightfully portrays the dedication of the men and women of the 52nd MDOS.

Thank yous all around

The Spangdahlem Post Office staff thanks faithful volunteers Olga Payne and Karen Webb for their outstanding efforts. Both spend about four to five hours a day helping out.

The Pitsenbarger Airman Leadership School would like to send out a big “Thank you,” to everyone who helped with the the Landstuhl Fisher House donation drive on behalf of Kathy Gregory, Landstuhl Fisher House manager. The massive support given by the Spangdahlem and Bitburg community, DECA and the students of the ALS made the donation drive an overwhelming success.

A special thanks to the 52nd LRS for making the Spangdahlem Middle School Halloween dance a huge success. The squadron provided all the decorations. The set-up and tear-down crew consisted of Airmen Nicole Smith, Amy Peltier, Derron McGoinies and Amanda Alvarez from the Traffic Management Flight. The President of the Parent Teacher Student Association and head of the dance committee both agreed, “We never could have put this on without all the help and decorations from the LRS. We can’t thank you enough.”



Photo by Staff Sgt. Tammie Moore

Top Saber Team

Unit name: 81st Aircraft Maintenance Unit Production Flight

A brief description of unit responsibilities: The 81st Production Flight Airmen are the masterminds behind all sortie production and maintenance for 22 assigned A/OA-10 aircraft valued at \$286 million. They plan, prioritize and direct all scheduled and unscheduled maintenance performed by 207 assigned technicians from seven different Air Force specialties to support the 52nd FW’s annual flying hour program. They coordinate with the 81st Fighter Squadron to integrate maintenance capabilities with aircrew flying requirements in short and long range planning to ensure the squadron’s war readiness.

Number of members: Nine

How does the team fit into the 52nd FW’s mission? The team evaluates aircraft airworthiness and mission capability to produce more than 4,000 sorties annually to meet 52nd FW’s flying commitment, training deployments and air expeditionary force operations. They prepare the unit for mobilization and support for close air support, air strike control and combat search and rescue for NATO and combatant command authorities.

Team’s other contributions through the year? The flight drove the production effort for 81st AMU “Panthers,” blasting seven of 11 U.S. Air Forces in Europe Combat Air Forces metrics despite a 20 percent reduction in aircraft availability. They earned a low 2.8 percent repeat/recur rate, a superb 96 percent maintenance scheduling effectiveness rate, an outstanding 2.5 percent delayed discrepancy rate and an exceptional 8.3 percent cannibalization rate; unheard of for a combat ready A-10 unit. All of the meticulous planning and production efforts ensured the unit’s success during this year’s four deployments, three airshows, numerous cemetery fly-bys and static displays. The highlight of the unit’s accomplishments is when they deployed eight A-10s to support Operation Enduring Freedom to Bagram Air Base, Afghanistan. During the deployment, the unit successfully generated 1,059 sorties totaling 4,092 combat hours. Additionally, they generated three alert aircraft within 24 hour of arrival, performed 178 aircraft scrambles and garnered an impressive 100 percent release rate on 236 live munitions. All of this can not happen without the production mindedness of the flight.

Serving others

*Sabers volunteer time to assist BMS students
Mentors encourage learning, grade improvement*

Story and photo by Caitlin Schwartz
52nd Fighter Wing Public Affairs intern

Several Bitburg Middle School students, teachers and the Eifel community members have come together to form an alliance designed to enhance the schools learning process.

This alliance provides tools to help students who need assistance with academics through a mentor program aided by military and civilian volunteers.

“The reason we started the program was to make a connection between student achievement and the military,” said Crystal Bartels, BMS teacher and program sponsor. “Tutors provide real world experience with math, science, social studies, English into the classroom. It’s a way to get

students the help they need from someone who uses these skills every day.”

On any given weekday students can be found working with the five or six tutors who donate their afternoon to helping them better understand their course material.

“The program is a great way to learn and have fun,” said Erin Schwartz, a BMS seventh grader, who receives help in Algebra. “I understand what I’m doing and find out new ways to use math.”

All BMS students are invited to join the program to receive help in academics; however, there is a continuing need for volunteers who are able to lend their expertise and time two or three times a week at the BMS. For more information about the mentoring program, call 452-9310.



Deion Giddens (left), son of Senior Master Sgt. Freddie Giddens, 52nd Medicine Support Squadron, and RJ Speigner, son of Master Sgt. Robert Speigner, 726th Air Mobility Squadron, receive help with homework from Senior Airman Roosevelt Zachary, 52nd Logistic Readiness Squadron and Bitburg Middle School mentor.

Spang Airman spreads holiday cheer to Polish families

Creates fundraiser, sets up donation food drive to help others less fortunate

By Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

Some people say it is better to give than to receive each holiday season. That is why Senior Airman Pamela Bigham, 22nd Fighter Squadron intelligence operations journeyman, and her husband Jeremy, thought it would be a great Christmas present to make a trip to Poland and help out the Elim Center, a Christian-based mission center that offers assistance to Polish families and orphans in need.

Airman Bigham learned it takes about 50 euro to feed a household, sometimes up to nine people,

and provide heat for their home for about a month.

“I couldn’t believe that’s all it took. If we each give up one present this year, an entire family might be able to eat and not feel cold this winter,” Airman Bigham said. “In our culture, we’re used to indulging in food and presents, but wouldn’t it be great if we gave someone a present that truly represented the true meaning of the holidays we celebrate?”

For years, Polish families have seen the generosity of the Spangdahlem community come pouring in to the Elim Center, and the opportunity to give the gift of food and heating fuel comes from the heart, said Vernon Salter, friend to Airman Bigham.

“We’re all aware that we’re blessed material-

ly, but how often does that understanding spur us to give?,” Mr. Salter asked. “We are unaware of the serious needs just a few hours away. This may be the easiest and most significant opportunity for people to participate (in giving).”

Airman Bigham is driving to Poland Dec. 15 to deliver food items and monetary donations to the Elim Center. People who wish to donate can stop by the Bitburg Annex and Spangdahlem Air Base commissaries Saturday to and pick up a “shopping list” of what is needed. There will be a box near the exit where shoppers can drop off any food donations. A bake sale takes place Monday. People interested in volunteering to help out or who want to donate food, can Airman Bigham at 452-6229.

Suggested donation items:

- ♦ Spaghetti sauce;
- ♦ Creamy peanut butter;
- ♦ Pre-sweetened Kool-Aid not in individual packets;
- ♦ Hot chocolate mix;
- ♦ Packaged cookies;
- ♦ Cereal with colorful packaging of the finger food type, not flakes;
- ♦ Canned fruits;
- ♦ Canned ham;
- ♦ Christmas sweets that will preserve well not in glass jars; and
- ♦ Scented candles

Initial leadership experiences set career tone

By Col. Darrell Mosley
52nd Maintenance Group commander

I was on a temporary duty assignment a few months ago, and I read a quote from a general officer who I thought was particularly interesting and went against conventional thinking. However, after digesting it -- I came to believe its contents completely. It centers on the fact that "leadership is often thought of as a skill that's developed gradually, but I disagree."

In my journey through the ranks, I've often wondered how our systematic approach to officer development translates to actual leadership growth. The Air Force promotes gradual increases in responsibility and mentoring from senior officers. But has anyone completed a case study of officers who have undergone leadership development to determine our actual return on investment? If you think about it, do any of the service schools you've attended really prepare you to command?

In a past assignment, a new commander came into my unit. The administrative staff was doing their usual "beating the bushes" to find any information on the new boss. By talking with friends and connections at the commander's old unit, they

knew exactly who was coming.

Then I overheard one of the sergeants say she remembered him as a second lieutenant. I asked, "... now that almost 15 years had passed and he's a lieutenant colonel, how he has changed?" Her response is ingrained in my memory, "He's still the same." I don't think she was saying he still acted like a second lieutenant, but that he led like one. To me, the implication was what you learn during your initial experience as an officer or enlisted Airman sets the tone for the rest of your career.

I can't count the times I've heard if you want to be a general or chief, you need to prepare when you are a lieutenant or Airman. This is true, but you also need to be aware that more than likely your disposition 10 to 20 years from now has been predetermined. How we handle people and situations early in our careers becomes a permanent part of our personality. This isn't to say there isn't anything you can do about it, but I believe if you continue your career with blinders on, then you'll still be a "second lieutenant" or "Airman" when you retire.

If you are thinking, "I'm not planning on making the Air Force a career," the point isn't applicable to military service

alone. Your style follows you wherever you end up. We will all work for someone. So how do we escape our predetermined approach to leadership? I believe the answer lies in constant evolution and state of awareness -- keeping your ears to the ground, accepting criticism from all sources and doing what's right. There will always be someone better than you, there may be someone trying to hold you down and there can be someone trying to lift you up.

You might not always be around "the someone" you want, but you need to learn from every experience, and remember you're "the someone" for those around you. Seek out new experiences and new opportunities, and soak up knowledge from those around you to improve yourself and teammates. In this way, you evolve as a person and as a leader, removing the blinders that keep you from going beyond your predetermined limits.

Where do you start? Promote constant evolution in others through this rule: Never try to take down your competition; try to make yourself better first and then help your competition to be better than you.

Professionalism
A cliché or call to service

By Maj. George Govan
52nd Comptroller Squadron commander

"The Air Force is not a social actions agency. It is not an employment agency. The Air Force exists to fight and win wars that's our core expertise. It's what allows us to be called professionals..." -- General Fogleman

My purpose in talking about this topic is not to educate or create something new. The goal is to embrace with you as many times as necessary the idea of professionalism as more than just an idea -- it is a Call to Serve.

Of course with any terminology, there is a need to define what you are talking about. However, many have tried to pin-point what 'professionalism' really is only to find out it is sometimes as elusive in meaning as it is do-able in real life. After reading a few surveys taken and literature written on the topic, a common theme consistently emerged, 'professionals are experts with standards who serve the public.' This is a great fit for describing our military professionals.

Yet, meanings and definitions are only labels of our imaginations until they are supported by real experiences or some form of action. For the military professional, that experience or action can be defined by our expertise and discipline. Within the realm of expertise I refer to your ability to do your job intelligently. Do you know that social scientists have discovered that intelligence is not a gift for the few, but something that we all have an abundance of? In other words, intelligence is not fixed, but modifiable. When

we apply this logic to Airmen as experts, an Airmen's abilities are not defined just by their brain cells, but by continuously learning their jobs; executing tasks assigned, and understanding the environment around them, such that when the military or more specifically the Air Force changes. Airmen know how to adjust also. What is so amazing is we have military professionals at many different stages of their careers making the most of their expertise each and every day to ensure our mission does not fail.

As for discipline, I do not refer to a type of directed punishment to re-educate or rehabilitate someone. If that situation has occurred, the Airmen somehow stepped outside the realm of being a professional and the goal is to reel the individual in again or to let the member go. Discipline refers to the code of rules governing the conduct of military professionals. In this sense, it represents the energy put forth to abide by core values, military Code of Conduct, or simple lessons learned in life to achieve a higher moral ground.

Military professionals should never fear or retract from showing discipline -- they must embrace it. Maintaining codes of conduct or governing rules keep experts on a path of performance that protects them and the public they serve.

Professionalism is not rocket science, but it is not easy to carry out. It takes dedication and commitment to be the expert you are expected to be and show discipline to keep yourself and your actions aligned with the call to serve.

Working hard to have fun

By Maj. Gregory Mazul
52nd Contracting Squadron commander

If you are not having fun at work, you are doing something wrong.

The other night I was watching one of my favorite movies of all time "Office Space."

There is a scene in the movie where the main character Peter goes to visit Dr. Swanson, his occupational therapist, and the following conversation takes place:

Peter: So I was sitting in my cubicle today and I realized ever since I started working ... um ... every single day of my life has been worse than the day before it ... so that means that every single day that you see me, that's the worst day of my life.

Dr. Swanson: What about today? Is today the worst day of your life?

Peter: Yeah

Dr. Swanson: Wow, that's messed up.

Peter: Is there anyway that you could sort of zonk me out so that, like, I don't know I'm at work? Could I come home and think I was fishing all day or something?

Are you Peter or is someone in your unit a Peter? I hope not, because if you are not having fun at work you are doing something wrong. A positive attitude makes a huge difference in how you feel and the way others around you respond. Positive attitudes are infectious.

Why should you try to have fun at work? Why be positive? The bottom-line is we spend a lot of time at work. I recently saw an estimate of the average weekly hours squadrons and career fields worked at the wing. In many ways we spend as much time at work as we do at home. Sometimes we spend more.

Most of us either supervise someone or will become a supervisor soon. Part of our job is to create a positive work environment where our Airmen don't feel like the workers from Initech in the movie "Office Space."

I would like to pass on some ideas I try to use that you might want to consider:

Say thanks more -- Sometimes it gets easy to focus only on the problems. Human nature makes us want to fix things. Be careful not to fall into the trap of focusing on the problems and forgetting about the positives or you will miss out on the great things your team is doing.

Get away from your computer -- It's easy to sit behind your computer and feel safe. Working feverishly on e-mails that contain the latest tasker or suspense. To be honest, I hate e-mail. It gives us a false impression that we have accomplished something. Try this, turn off your computer, stand up from your desk and walk around. It is amazing what you can get done by talking to someone face to face.

Not everything is a crisis -- Have you ever heard the expression that if you make everything a priority, then nothing is a priority? As supervisors we need to establish what our priorities are, set a clear vision and stick to it. We need to guard against managing the crisis of the day syndrome or putting out the latest fire all of the time. This approach only ensures your unit or team will keep their head above water for the short term, but over time it creates resentment.

Hopefully, supervisors practice some of these things already. If not hopefully you will consider them. Either way, remember it is our responsibility as leaders to create a positive healthy



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Col. Darryl Roberson

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To PA in building 23.
- Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	231	36	9
23FS	215	33	15
81FS	264	30	-3

*Delta is contract vs. sorties flown to date.

Through Dec. 4

Courtesy of the 52nd Operations Support Squadron Plans and Scheduling Section

Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil. Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.

ANG vacancies

The Alabama Air National Guard has several part-time vacancies in a wide variety of career fields. For more information, contact Master Sgt. Vonsetta Love at 358-9191 or e-mail vonsetta.love@almont.ang.af.mil.

Airman's Attic hours

The Airman's Attic, located in building 408A, is now open Mondays and Thursdays from 9 a.m. to 6 p.m. and Tuesdays and Wednesdays from 9 a.m. to 3 p.m. For more information, call Else Wingert at 452-6422.

A&FRC events

- ♦ A spouses newcomers Road Map of Spangdahlem event takes place Thursday from 8:30 a.m. to 3:30 p.m. at the Spangdahlem Willkommen Center. Spouses learn about cultural differences, employment, volunteer and education opportunities, base resources and more. Lunch is provided.
- ♦ A Heart Link course occurs Dec. 15 from 8:30 a.m. to 2:30 p.m. in building 307. Lunch is provided. This program offers the opportunity for spouses to learn about the resources available to them and the Air Force mission.
- For more information about either event, call 452-6422.

Commissary holiday hours

The Spangdahlem AB Commissary closes Dec. 24-25, Dec. 31 and Jan. 1 and the Bitburg Annex Commissary closes Dec. 25 and Jan. 1 for the holidays.

Community Bank hours

The Spangdahlem AB Community Bank is open Wednesday from noon to 4 p.m. The Bitburg Annex Community Bank is open Thursday from noon to 4 p.m.

DoDEA survey

The Department of Defense Education Activity offers a biannual customer satisfaction survey now through Feb. 28. For more information about the survey, call 452-9202 or visit <http://www.dodea/css/>.

Essay contest

- ♦ The USAFE Services is partnering with USAFE Safety for a Safety Smart essay contest which runs through Jan. 6.

Essays must be 500-600 words about being safe in Europe with two sited library sources. The contest winner receives a free vacation get away. For more information and a complete list of rules, visit www.usafelibraries.org or aof base library.

ICE feedback

The Interactive Customer Evaluation system collects feedback on services provided by various Department of Defense organizations. To leave ICE comments visit <https://ice.disa.mil>.

IEE closure

The Individual Equipment Element now closes Wednesdays from 10:30 a.m. to 1 p.m. for flight physical training. For more information, call Senior Master Sgt. Stephen Vedder at 452-6121.

Holiday donations

- ♦ Food and cash donations are being collected at the Spangdahlem AB and Bitburg Annex commissaries Saturday to aid needy Polish families. Additionally, a bake sale takes place at the post office Monday. Volunteers are needed to man tables for both events and to bake goods. For more information, call Senior Airman Pamela Bigham at 452-6229.
- ♦ Brighten an Eifel child's Christmas through Operation Angel Tree. Angel Trees are located at the Spangdahlem AB Power Zone and chapel office and at the Bitburg Annex BXtra and BX. The deadline to donate is Dec. 20.
- ♦ The Bitburg High School AF JROTC is collecting books for patients at Landstuhl Hospital. Send or bring donations to the BHS. Donated books will be delivered before the holiday season. The deadline to donate is Dec. 20.

Holiday happenings

- ♦ A Boys and Girls Club of American Fine Arts Exhibit happens today from 4-7 p.m. at the Spangdahlem AB Community Center and Saturday from 6-8 p.m. at the Bitburg Annex Chapel.
- ♦ Hugs for the Holidays takes place Monday from 2:15-3:15 p.m. in the Spangdahlem Elementary School Old Gym. This activity helps children communicate with loved ones they are separated from during the holidays. For more information or to volunteer, call Barbara Triplett at 452-6881.
- ♦ The Kaiserslautern American German Business Club hosts their annual Christmas Holiday dinner Dec. 15 at 6:30 p.m. at the Dorint Novotel Hotel in Kaiserslautern, in conjunction with the German American International Women's Club. Cost is 20 euro per person.

- Attendees should also bring a gift of 10 euro value for a present exchange. To RSVP no later than today, e-mail larry_zani@compuserve.com.
- ♦ Enjoy breakfast with Santa Dec. 16 from 10 a.m. to noon at the Bitburg School Age Building. Cost is \$2.50 for children under 5 and \$5 for ages 6 and up. To make a reservation by Tuesday, call 452-7546.
 - ♦ The 52nd FW First Sergeants Council hosts an Unaccompanied Airmen Holiday Party Dec. 22 from 6-10 p.m. at the Brick House. This is a no fee holiday party open to all unaccompanied Airmen regardless of rank.
 - ♦ Boy Scouts will sell Christmas trees at the Spangdahlem AB and Bitburg Annex commissary parking lots weekdays from 5-8 p.m. and weekends from 11a.m. to 7 p.m.

Legal closure

The Legal Office closes Tuesday at 11:30 a.m.

Scholarship

The Scholarship for Military Children program awards \$1,500 scholarships to children of military active-duty, retirees, Guard and Reserve service members. For more information, visit a commissary, www.militaryscholar.org or www.dodea.edu. Application deadline is Feb. 21.

School news

- Bitburg High School**
- The Bitburg Drama Club presented Oliver at the BHS cafetorium Dec. 15-16 at 7 p.m. and Dec. 17 at 2:30 p.m. A Victorian Christmas market of food, crafts and entertainment precedes the play Dec. 15-16 at 5 p.m. and Dec. 17 at 1 p.m. Tickets are available at the door.
- Bitburg Middle and High Schools**
- Volunteers are needed to assist with National History Day judging Jan. 18 during the morning, afternoon or both. Volunteers judge research papers, exhibit boards, performances and documentaries. For information about the event, visit www.nhd.org and click on Competitions. To volunteer, call Cindy Birtt at 452-9310.

Thrift Shop

The Spangdahlem AB Thrift Shop closes for the holidays Dec. 19 through Jan. 1. The Thrift Shop re-opens Jan. 2 at 11 a.m.

Youth Center closure

The Spangdahlem AB Youth Center closes today from 2:30-8 p.m. and the Bitburg Annex Youth Center closes Saturday from 2:30-8 p.m. due to the base Fine Arts Exhibits.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Today Holyday of Obligation Mass at 11:45 a.m.*
 - ♦ Saturday at 5 p.m.*
- ♦ Sundays at 8:30 a.m. and religious education in building 139 at 9:45 a.m.
 - ♦ Mondays - Thursdays at 11:45 a.m.
 - ♦ Dec. 16 at 5 p.m.
 - ♦ Dec. 24 Christmas Eve Mass at 8:30 a.m. and Children's Christmas Mass at 5 p.m.
 - ♦ Dec. 25 Christmas Day Mass at 10 a.m.
 - ♦ Dec. 31 New Year's Eve Mass at 8:30 a.m.
No Mass will be held Dec. 23 or Dec. 30

Protestant

- ♦ Sunday at 10:30 a.m., traditional service
 - ♦ Sunday at 1 p.m., Korean service
- ♦ Sunday at 5 p.m., Sunday Night Live service
- ♦ Dec. 24 Christmas Traditional/Contemporary service at 11 a.m. and Candlelight Service at 7:30 p.m.

Bitburg Annex

Catholic Mass

- ♦ Today Holyday of Obligation Mass at 6 p.m.*
 - ♦ Sundays 11:30 a.m.
 - ♦ Mondays at 8:30 a.m.
- ♦ Dec. 24 Christmas Eve Mass at 11:30 a.m. and 10 p.m.
- ♦ Dec. 31 New Year's Eve Mass at 11:30 a.m.
 - ♦ Jan. 1 New Year's Day Mass at 5 p.m.

Protestant

- ♦ Sundays Liturgical at 8:15 a.m., Contemporary at 9:30 a.m. and Gospel Service at 1 p.m.
- ♦ Dec. 22 Children's Service at 6 p.m.
- ♦ Dec. 24 Christmas Eve liturgical Service at 9 a.m. and Candlelight Service at 6 p.m.
- ♦ Dec. 31 Watch Night Service at 10:30 p.m.

Notes

*Means followed by confession

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.

Project Cheer

TEXAS HOLD'EM



TOURNAMENTS BEGIN JAN 07'

Check out www.52services.com for more info!



Movies

The following movie listings are for today through Dec. 7. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

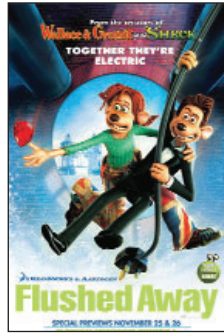
Today

◆ *Flushed Away* (PG, 7 p.m.)

The story of an uptown rat that gets flushed down the toilet from his penthouse apartment, ending in the sewers of London, where he has to learn a new and different way of life.

◆ *School for Scoundrels* (PG-13, 9:30 p.m.)

A young guy short on luck, enrolls in a class to build confidence to help win over the girl of his dreams, which becomes complicated when his teacher has the same agenda.



Saturday

◆ *Open Season* (PG, 4 p.m.)

Boog, a domesticated grizzly bear finds himself stranded in the woods three days before open season. Forced to rely on Elliot, a mule deer, the two form an unlikely friendship and must rally other animals to form an army against the hunters.

◆ *School for Scoundrels* (PG-13, 7 p.m.)

◆ *The Guardian* (PG-13, 9:30 p.m.)

In an effort to find his place in life, a troubled young man enlists in the Coast Guard, where he's taken in by a renowned rescue swimmer who's hardened by the loss of his team from an accident years back.

Sunday

◆ *Flushed Away* (4 p.m.)

◆ *Open Season* (7 p.m.)

Monday

◆ *The Guardian* (7 p.m.)

Tuesday

◆ *School for Scoundrels* (7 p.m.)

Wednesday and Thursday closed

Bitburg Castle

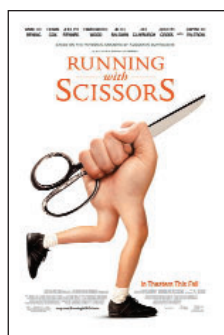
Today

◆ *Running with Scissors* (R, 7 p.m.)

In 1971, 6-year-old Augusten finds himself trapped between his troubled parents: his mother Deidre, an unpublished poet; and his father Norman, an alcoholic professor. Deidre signs up for therapy Dr. Finch, a highly unconventional shrink who takes the family under his wing.

◆ *Jackass Number Two* (R, 9:30 p.m.)

After smearing the world with all sorts of ridiculous crap, the original creators and cast of the MTV series are back at it again: significantly raising the stakes and lowering the bar.



Saturday

◆ *Flushed Away* (7 p.m.)

◆ *Jet Li's Fearless* (PG-13, 9:30 p.m.)

Huo Yuanjia, the son of a great fighter who did not wish for his child to follow in his footsteps, teaches himself how to fight. Years of training enable him to ace match after match. After fight leads to a master's death, members of Huo's family are slain in revenge.

Sunday

◆ *Flyboys* (PG-13, 4 p.m.)

The adventures of the Lafayette Escadrille, young Americans who volunteered for the French military before the U.S. entered World War I, and became the country's first fighter pilots.

◆ *Running with Scissors* (R, 7 p.m.)

Monday and Tuesday closed

Wednesday

◆ *Flyboys* (7 p.m.)

Thursday

◆ *Jet Li's Fearless* (7 p.m.)



A local vendor pours dough into a pan, to make wonderful treats for Christmas shoppers, at one of the many stands in the Trier Christmas market.



A booth, looking like a pyramid, filled with traditional Christmas figures, toys and ornaments is among the highlights of the Trier Weihnachtsmarkt.

Scenic Christmas flair

Trier Christmas market welcomes Spangdahlem community

Story and photos by Iris Reiff
52nd Fighter Wing Public Affairs Office

The Christmas fairs and markets in Germany are unique. A very special market, which dates back more than two decades is located right at the door-steps of the base, in Trier.

In the heart of the city, more than 90 decorated wooden huts will offer Christmas merchandise, ranging from Christmas ornaments, holiday decorations, wooden toys, candles, figurines, hand-blown and engraved glassware to regular gift articles, ceramics and lambskin shoes.

Every day, hundreds of visitors flock into the city and enjoy the fun. The market has long become a famous meeting point for students from the Trier University, who gather here to exchange ideas and have fun.

During the day, tourists and shoppers enjoy the aromas of hot chestnuts or ginger breads as they walk by. Many of them like to take a break here to have a snack or beverage. Food items offered range from the popular Bratwurst sausage to potato pancakes or the tasty Dampfknudel (sweet dumpling,) covered with hot vanilla sauce. Traditional beverages are hot, spiced wines or hot chocolates with various added flavors.

Entertainment, usually scheduled for late afternoons or evenings, include band and choir performances. Christmas music is of course played.

The German Saint Nikolaus (Santa) delights children as he walks through the streets of town. After seeing Santa, the small ones may opt to take a ride on a historical carousel or



The German Santa rewards Morgan Cunneen, daughter of Lt. Col. Sean Cunneen, 52nd Fighter Wing director of staff, with a Christmas goody during this year's Trier Christmas market's opening festivities.

enjoy watching a puppet play.

"We would like to welcome our American friends from the base at the Trier Christmas market," said Thomas Vatheuer, a main market organizer. People don't know what they miss out on if they don't come to Trier this year, he added.

Get a photo taken with German Santa Dec. 14 and Dec. 21 at 4 p.m. at the Trier Christmas market. The location is the stage in the market square near the carousel.

English is spoken and pets are welcome.

Trier's Christmas market takes place all throughout the medieval market square as well as in front of the grand backdrop of the Trier Dom cathedral. It's illuminations at night add to the atmosphere.

Why not combine a visit to the Christmas market with a shopping spree before the holidays. Many stores will remain open until 8 p.m. and some until 10 p.m. now until Christmas.

For shoppers who cannot find the appropriate gift in a store, the Christmas market makes a great option.

The Trier Christmas market runs through Dec. 22.

Opening times are Mondays through Wednesdays, and Fridays through Saturdays, from 10 a.m. to 8:30 p.m. On Thursdays, the market is open from 10 a.m. to 10 p.m., and on Sundays from 11 a.m. to 8:30 p.m.



Two students enjoy a glass of Gluehwein, Germany's spiced wine, which can be found at almost every Christmas market in the country. The Trier Christmas market has become a famous meeting point for university students.

Out and About

(Editor's note: Events are subject to change.)

◆ For the 42nd time the USAFE band performs a concert in the Eifel. Base members are invited to the annual concert Saturday, 8 p.m. at the Irrel community hall.

Entry is 7 euros. For ticket information, call 06561-94340 or 06525-92800.

◆ Purchase tickets for the annual "Christmas Moments" concert and show, Dec. 23, 8 p.m. at the Trier Arena, featuring Christmas songs in German and English.

◆ Ski or snowboard in the Black Forest Dec. 15-17 or Dec. 28-30. Cost is \$329 per person in double room or \$399 for a single room, and includes transportation, lodging, lift passes, two breakfasts and one dinner. For reservations, call Outdoor Rec at 452-7170.



Courtesy photo

(Above) Members of the American Team who competed in the Mr. Universe competition, take a moment to commemorate their experience. All of the American competitors placed in the top-15 of their classes. Saunders and Usery are both assigned to Spangdahlem Air Base.

(Right) Troy Saunders pumps some iron at the Skelton Memorial Fitness Center. Saunders lifts weights three times a week for an hour and a half and performs cardio workouts for an hour twice a day when preparing for competitions.



Photo by Iris Reiff

Spang Airmen compete for Mr. Universe title Representing U.S., AF two Sabers place in legendary bodybuilding competition

By Staff Sgt. Tammie Moore
52nd Fighter Wing Public Affairs Office

Representing the United States and the Air Force two Airmen from Spangdahlem Air Base traveled to Cuxhaven, Germany, to compete in the legendary Mr. Universe competition Dec. 2.

Troy Saunders, Men's Class II competitor, and Justin Usery, Men's Class III competitor, were asked to participate in the event based on their performance at various other competitions throughout the year, each placed 11th in their categories.

Altogether, six Americans were invited to compete in this year's event alongside more than 200 athletes from around the world.

The Mr. Universe competition is viewed by bodybuilders as the biggest event in the sport, Usery said.

Both Sabers began training for this contest months ago. Saunders traveled across Europe competing in other events to prepare for this event. Usery, was deployed to Qatar until the beginning of November. Participating in the competition after just coming off from a deployment was challenging for him.

"It was really hard to cut back on certain things like carbs because of the heat," Usery said. "I really needed another three or four more weeks to be fully prepared."

Saunders, who is a veteran weightlifter, adhered to a strict workout regiment to prepare for this event which consisted of lifting three times a week for an hour and a half and completing two cardio workouts a day for an hour

each time. He believes that cardio is an important part of his workouts.

"The cardio helps to keep your body in a deficit of energy in versus energy out," he said. "Basically, I burn more calories than I eat and force my body to burn fat."

Preparing for competitions like this can be very demanding physically and mentally for athletes, while at the same time proving to be rewarding.

"The most difficult part was competing in seven competitions in eight weeks," Saunders said. "This extended my diet from my average 16 weeks to 22 weeks. Beyond that I was thrilled to compete and I was in the best shape I could be; and that was a success in itself."

Usery, who has been bodybuilding since he was 15, also said he found this experience rewarding.

"This was tougher than any other competition I have ever been in," Usery said. "I was extremely proud to be in the top-15 for my class."

The Sabers say they walked away from this challenge with many memories and knowledge they can use to enhance their future performances.

"I was regularly complemented on my excellent conditioning," Saunders said. "Both the American and German judges said I was the best when it came to being the most ripped (leanest) athlete, but as this level being another 10 or 15 pounds heavier is a must for me to be competitive."

Usery said, he is planning on taking the rest of the year off from competing to working on specific point areas higher.

Both lifters look forward to using their Mr. Universe experience for preparing for other events.

"It is going to take me a good year to get ready for the next Mr. Universe competition," Usery said.

For those who are new to bodybuilding, Usery offered the following thought.

"You really have to work out everyday, stay motivated and eat right," Usery said. "If you do everything it will fall into place."

In addition, Saunders recommends people who are interested in professional weightlifting and bodybuilding, should take advantage of opportunities and participate in competitions as they come up.

"Often I hear bodybuilding hopefuls say they want to wait until they can win a show before they compete," he said. "Having competed in more than 40 shows throughout my career, I can attest that the experience gained through competing in a show is invaluable. Of course, don't go to a show unprepared, but if you plan on waiting until you are big enough, you may find that the time never comes."

Overall, both Saunders and Usery said they feel very proud having received the opportunity to be part of this years Mr. Universe competition.

"I was very honored to be selected to compete and represent the U.S. team," Saunders



Courtesy photo

Justin Usery poses for judges during a bodybuilding competition that he competed in prior to being selected to participate in the Mr. Universe competition.

said. "The camaraderie was unequaled and the support they showed toward the military and its athletes was humbling."

Sports Briefs

Skelton Memorial fitness center notes

- The fixed weight room is closed until Saturday for the installation of new equipment. All other areas of the fitness center remain open as usual.
- The family workout room and racquetball courts re-open today.

Skelton Memorial fitness center classes

- Spinning classes take place Mondays through Thursdays at 6 a.m., Tuesdays and Thursdays at 11:30 a.m. and Thursdays at 5:30 p.m.
- Aerobics classes happen Mondays through Fridays at 9 a.m. and Mondays, Wednesdays and Fridays at 11:30 a.m.

TSR teams change how AF responses

By Maj. James Young
52nd Medical Operations Squadron

The Air Force has changed the way critical incidents, or traumatic events, such as fatal aircraft mishap, natural disasters, suicide and homicide are responded to transitioning from the Critical Incident Stress Management team concept to the Traumatic Stress Response team idea.

In the past, when a traumatic event occurred a CISM team was responded based on the needs of those affected by the event, though the TSR concept teams is to continue to serve as trauma consultants to leaders and to respond to those who have been exposed to traumatic events.

The Spangdahlem Air Base TSR team consists of members from the Life Skills Support Center, Chapel and Airmen and

Family Readiness Center. If an event of this level occurs locally, the TSR team chief is notified by the command-post. Following notification, and in consultation with the commander of the affected unit, a determination is made regarding the necessity of TSR support.

Unlike the CISM model, the TSR approach is geared toward one-on-one interventions or counseling rather than the group defusing or debriefing popular under the CISM model. The TSR team is also available to consult with leaders on issues related to preparing troops who are likely to be exposed to potentially traumatic events like security forces, fire-department, frequent deployers and emergency medicine personnel.

For more information, about TSR teams, call Maj. James Young at 452-8285.